



Joe Sims

Joe Sims was raised in Milwaukee and graduated from North Division, where he played football and competed track. At 17, he became Milwaukee's weight-lifting champion.

After one year of college at the University of Wisconsin-Oshkosh, Joe realized that coaching was his true passion. He became North Division's track coach and assisted with the football team.

For over 30 years, the Striders were sustained by Joe' intense dedication to the club and the small charitable contributions he obtained. Often, Joe kept the Striders in operation through his personal contributions so that boys and girls in Milwaukee would continue to have this valuable activity during the summer.

For Joe, athletics was a way to help disadvantaged youth overcome the severe adversity they faced. "You can't do drugs and run track," he would say. "The kids in the club were Joe's life", said co-founder Robert Kern. "Once you were in the club, you became part of his life." To Joe, the athletes were like his own kids, a part of one big extended family. Joe was a father-figure to many who didn't have fathers.

In 2008, the Milwaukee Striders track club was renamed in his honor. Joe passed away in January, 2009, at the age of 59.

As the founder and devoted father of the Milwaukee Striders, Joe Sims was a positive force in the lives of many Milwaukee youth and helped countless in the pursuit of a college education. Joe is an inspiration and a role model to the Milwaukee community.

-Tom Barrett, Mayor, City of Milwaukee



How you can help

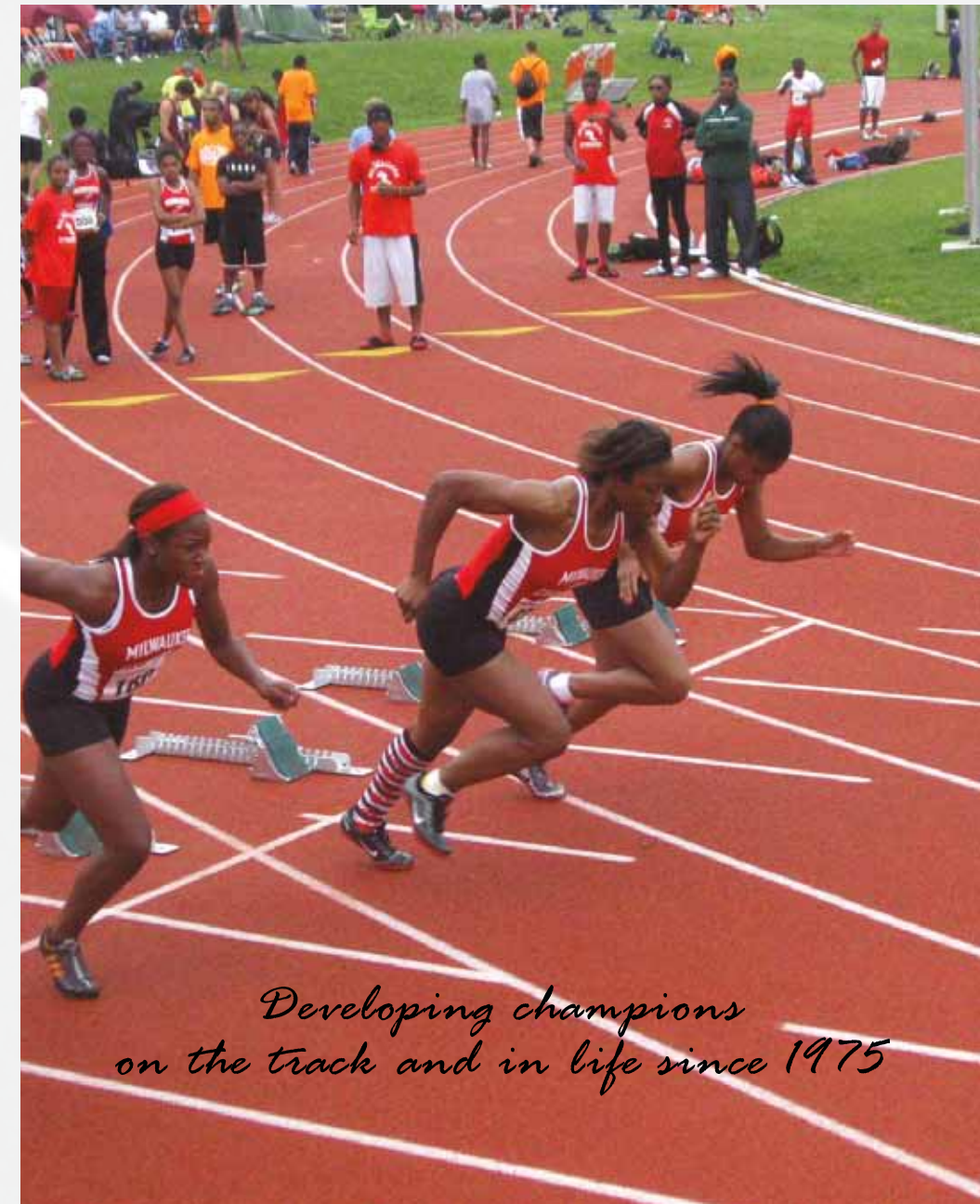
As a volunteer or donor, you can directly help our youth reach their full potential.

- Make a donation to fund our programming
- Sponsor our fundraising events
- Join us in a collaborative partnership
- Donate (corporate/individual)
- Sponsor an athlete: annual fee is \$100, which covers membership, t-shirt, and entry fees to local meets; national meets require an additional fee.

For information, please contact
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JOE SIMS' MILWAUKEE STRIDERS TRACK CLUB
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*Developing champions
on the track and in life since 1975*

Joe Sims' Milwaukee Striders Track Club

The **Joe Sims' Milwaukee Striders Track Club** provides organized and supervised track and field training and recreation to Milwaukee youth ages 7 to 18, regardless of gender, ethnic background, nationality or physical ability. All participants have the opportunity to develop their character and grow as athletes.

Volunteer coaches from Milwaukee high schools instruct runners at all levels in proper technique. 1½ hour practices are held two days a week during the spring and three days a week during the summer. Winter conditioning sessions are available and recommended at higher levels of training.

The Striders were formed in 1975 by Joe Sims and Robert O. Kern, two North Division high school coaches, with the sole purpose of providing school athletes and other neighborhood youth with a healthy activity during the summer. By the early 1980s, however, the Milwaukee Striders emerged as a force at the National Junior Olympics. Robert Hackett and Renee Jones were in the Striders' first wave of success.

Since 1975, the Striders have served 2,300 youth, achieving great success on and off the track. Now, a new generation of coaches are working hard to maintain the tradition of excellence. Inspired by Joe Sims' dedication and love for his kids, coaches and parents are providing strong support for the athletes, serving as a big, extended family. The bonds that form in the Joe Sims' Milwaukee Striders Track Club are bonds that last a lifetime. That's why it's so true to say that "Once a Strider, always a Strider!"



How we help our youth

We provide our participants with activities that channel their energy in positive ways.

We prepare them for healthy competition.

We train them to reach excellence in track and field.

We provide them with new experiences through the pursuit of higher levels of competition and travel.

We encourage their school success and support the opportunity of attending college through track-and-field scholarships.

We help them develop strong character through goal setting, perseverance and learning to care for their peers.

No matter where our youth place in competition, they become winners on and off the track.



Our successes on the track...

The Striders compete statewide, regionally and nationally – in the Milwaukee Recreation Meet and other local and state meets, the Hershey Games, AAU and the USA Track & Field Junior Olympic Games.

The many athletes who owe their success to the Milwaukee Striders include:

Esther Jones – 1992 Olympic gold medal
Kenny Harrison – 1996 Olympic gold medal
Michael Bennett – NFL running back since 2001
Michael Jackson – 1995 State triple-jump champion
Stefnee Ross – 2005 WIAA Division 1 100m Dash State champion
Brian Calhoun – 2006-2008 NFL running back
Antonio Freeman – 1995-2003 NFL wide receiver

Since 1975, the Milwaukee Striders have produced:

500 National Junior Olympic qualifiers
445 State Junior Olympic champions
285 Regional Junior Olympic champions
140 National Junior Olympics place finishers
26 Hershey Hall of Fame Track & Field qualifiers
15 National Junior Olympics champions
5 National Junior Olympic records
4 Golden West Invitational qualifiers

Our successes off the track...

90% of Striders enroll in college and 90% receive an athletic scholarship – and some receive academic scholarships. Many of our graduates remain involved by donating their time, track shoes and other supplies, and by providing financial support.